

# LIST OF HELPLINES FOR YOUNG PEOPLE




## **Meic** *8am-midnight*

-  080880 23456
-  [www.meiccymru.org](http://www.meiccymru.org)
-  Online Chat available on their website
-  84001

## **HOPELINEUK** *9am-midnight*

-  0800 068 4141
-  [www.papyrus-uk.org/hopelineuk/](http://www.papyrus-uk.org/hopelineuk/)
-  [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)
-  07860039967



## **Childline** *7.30am -3.30am*

-  0800 1111
-  [www.childline.org.uk](http://www.childline.org.uk)
-  [www.childline.org.uk/get-support/1-2-1-counsellor-chat/](http://www.childline.org.uk/get-support/1-2-1-counsellor-chat/)




## **SHOUT** *24/7*

-  [giveusashout.org](http://giveusashout.org)
-  text SHOUT to 85258

## **YoungMinds** *24/7*

-  [youngminds.org.uk](http://youngminds.org.uk)
-  text YM to 85258

## **C.A.L.L** *24/7*

-  0800 132 737
-  [callhelpline.org.uk](http://callhelpline.org.uk)
-  text HELP to 81066

## **Samaritans** *24/7*

-  116 123
-  [www.samaritans.org](http://www.samaritans.org)
-  [jo@samaritans.org](mailto:jo@samaritans.org)